

RECIPE

of the Month

Salmon with Ginger Horseradish Crust

1-1/2 pounds Salmon, cut into 6-ounce portions

2 slices whole wheat bread, finely chopped

1 tablespoon shallots, finely chopped

1 teaspoon ginger, finely chopped

2 tablespoons prepared horseradish

1 tablespoon margarine

1 tablespoon lemon juice

1 tablespoon low-fat mayonnaise

black pepper to taste

1. Place salmon on baking pan coated with cooking spray.

2. Sprinkle lemon juice and pepper over fish.

3. In sauté pan, cook shallots and ginger in margarine until tender. Remove from heat; add horseradish, mayonnaise, and bread-crumbs. Mix well.

4. Coat top of each piece of salmon with mixture.

5. Bake at 400 degrees for 10-20 minutes until done.

6. Brown bread crumbs under broiler, if desired.

Yields four 5-ounce servings. Calories, 241; Protein, 35 grams; Fat, 7 grams; Fiber, 1 gram; Sodium, 202 mgs.

MAY BIRTHDAYS



May 1: Eva Henry

May 2: Bonnie McDonald, Timmy Drake, Tina Rioux

May 5: Sheyanne Bussiere

May 6: Linda Leclerc, Brittany Demillo

May 7: Dionne McLean

May 8: Sylvia Sanders

May 9: Herb Robertson

May 10: Ben Guild

May 12: Lacie Delano, Sheila Couture

May 13: Mary Luce, Tracy Richards

May 14: Amy Richard

May 17: Tara Chabot

May 19: Wanda McDonald

May 20: Matthew Gaudet, Nicole Hennessy

May 22: Karen Hardy

May 23: Pamela Barker

May 25: Tasha Raymond

May 28: Barbara Purington, Kevin Nichols

May 30: Sue Stevenson

May 31: Paul Stevens, Celeste Michaud, Leslie Bull


Fitness Stylz

FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: FitNewz@FitnessStylz.com

Plan ahead with our events calendar

May 12th **Swing Dance**
Live Music featuring **DC & Company**

Mother's Day Show her she's special
May 13th with elegant dining. 

 May 18th **Wine Tasting**

May 19th **LIVE MUSIC** Da Bluez Preacher

Carriage House Café
FINE DINING & SPIRITS

Route 4, Livermore, Maine • 897-5880
Reservations Recommended ~ Walk-ins Welcome

Gym Dandy

by Esby



Spring Fever strikes BODYSTEP!